

Department of  
**Nutrition & Dietetics**

# Easy to Chew Diet



# Texture Modified Diet


You may require a texture modified diet if you have difficulty swallowing and/or chewing for various reasons, including medical conditions (e.g. stroke, Parkinson's Disease) and post-radiotherapy.

Not following the right texture modified diet may cause foods and/or fluids to enter the airway and into the lungs, resulting in a lung infection. Modifying the texture of food will make swallowing easier and safer.





Examples of Easy to Chew Diet (not served at TTSH)

# Types of Texture Modified Diet

	Easy to Chew Diet	Soft & Bite-Sized Diet	Minced & Moist Diet
<b>Food size and texture</b>	<p>Normal, everyday foods of soft, tender texture.</p> <p>You should be able to bite food into pieces. Food piece size is not restricted.</p>	<p>Food is smaller in size (~1.5cm), soft, tender and moist. It can be easily broken apart by a fork or spoon.</p>	<p>Food is soft, moist and finely minced to ~4mm in size. Liquid should not be separated from food. It can be scooped and shaped on a plate. When scooped with a fork, food pieces should not fall through the prongs.</p>
<b>Preparation</b>	<p>Food is cooked till soft.</p>	<p>Food is first chopped then cooked till soft.</p>	<p>Food is minced preferably with a food processor or blender prior cooking. Softer food can be mashed with a fork.</p>
<b>Chewing</b>	<p>Chewing required</p>	<p>Chewing required</p>	<p>Minimal chewing required</p>
<b>Example</b>			

# Types of Texture Modified Diet

	Pureed Diet	Liquidised Diet
<b>Food size and texture</b>	Food is smooth, lump free and not sticky. It should fall off a spoon in a lump and hold its shape on a plate.	Food consistency is smooth with no bits, equivalent to moderately thick fluids. Cannot be eaten with a fork because it drips slowly through the prongs, can be taken with a spoon.
<b>Preparation</b>	A food processor or blender is needed to blend the food after cooking.	A food processor or blender is needed to blend the food after cooking.
<b>Chewing</b>	No chewing required	No chewing required
<b>Example</b>		

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
<b>Rice and alternatives</b>	<ul style="list-style-type: none"> <li>• Rice/soft rice/porridge*</li> <li>• Soft noodles and pasta (e.g. bee hoon, macaroni)</li> <li>• White bread without crust</li> <li>• Mashed potato</li> <li>• Cooked oats*</li> <li>• Well-moistened breakfast cereals*</li> <li>• Biscuits soaked and softened completely*</li> <li>• Chiffon cake</li> </ul>	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Cereals with dried fruits or nuts</li> <li>• Toasted bread</li> <li>• Pastries</li> <li>• Dry biscuits</li> <li>• Chapati</li> </ul>
<b>Meat and alternatives</b>	<ul style="list-style-type: none"> <li>• Well-cooked meat/fish without skin, bone or tendon</li> <li>• All eggs (except fried)</li> <li>• Soft tofu</li> <li>• Well-cooked legumes with soft outer skin (e.g. baked beans, dhal)</li> </ul>	<ul style="list-style-type: none"> <li>• Hard, dry, chewy or crispy meat</li> <li>• Fried egg</li> <li>• Tau kwa, tau pok</li> </ul>

\*may require thickening as advised by your speech therapist

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Soft, well-cooked vegetables without skin, seeds or stalks (e.g. pumpkin, carrot, broccoli, cauliflower, leaves of green leafy vegetables)</li> </ul>	<ul style="list-style-type: none"> <li>• Stems or stalks of vegetables</li> <li>• Raw vegetables</li> <li>• Fibrous vegetables (e.g. chye sim, kai lan, peas)</li> <li>• Stringy vegetables (e.g. kang kong, asparagus)</li> <li>• Chewy or stringy mushrooms</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Soft fruits without skin or seeds (e.g. papaya, banana, mango, nectarine, peach, plum, stewed apple)</li> <li>• Fruit puree</li> <li>• Fruit juice*</li> </ul>	<ul style="list-style-type: none"> <li>• Hard, crunchy fruits (e.g. apple, guava)</li> <li>• Fruits with skin (e.g. grapes)</li> <li>• Fruits with large and crunchy seeds (e.g. passionfruit)</li> <li>• Fibrous fruits (e.g. pineapple)</li> <li>• Dried fruits (e.g. raisin, coconut flakes)</li> </ul>

\*may require thickening as advised by your speech therapist

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
Dairy products and desserts	<ul style="list-style-type: none"> <li>• Milk/soymilk*</li> <li>• Yoghurt without fruits*</li> <li>• Soft cheeses (e.g. cottage cheese)</li> <li>• Chinese paste dessert (e.g. black sesame paste)</li> <li>• Mousse</li> <li>• Ice cream without nuts/fruits*</li> <li>• Custard*</li> </ul>	<ul style="list-style-type: none"> <li>• Hard cheeses (e.g. cheddar, hardened cheese)</li> </ul>

\*may require thickening as advised by your speech therapist



Milk/ Soy Milk



Plain Yoghurt



Cottage Cheese



Plain Ice-cream



Black Sesame Paste

# Other Foods to Avoid

	Examples
Stringy, fibrous foods	Pineapple, string beans, kang kong, celery, enoki mushroom
Skins of vegetables and fruits	Peas, grapes
Crunchy or crumbly foods	Toasted bread, flaky pastry, pie crust, dry biscuits, potato chips
Chewy foods	Soon kueh, Malay kueh, glutinous rice dumplings, gummy sweets
Hard foods	You tiao (fried dough fritters), nuts, melon seeds, coconut flesh, bak kwa (Chinese barbequed meat)
Slippery foods	Agar agar, jelly, bean curd
Sticky foods	Toffee, gum
Foods that contain liquids	Watermelon, orange, ondeh-ondeh, dumplings









## **Clinics B2**

TTSH Medical Centre, Level B2

### **Contact:**

6357 7000 (Central Hotline)



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